

## **FY'23 Nutrition and Health Services Action Plan**

### **Objective:**

By September 30, 2023, the Iowa WIC Program will have developed a plan and begun implementing additional training to local agency WIC program staff on Value Enhanced Nutrition Assessment (VENA) and Participant Centered Education (PCE).

### **Purpose Statement:**

A WIC nutrition assessment uses the Value Enhanced Nutrition Assessment (VENA) approach which is participant-centered and health outcome-based. It allows staff to engage the participant in dialogue about their needs and goals of healthy behavior. VENA Guidance was updated in November 2020 by the USDA Food and Nutrition Service. The Iowa WIC Program updated and converted in-person, local agency staff training to a 3 part series of self-study modules in 2020 and 2021. We have completed level one and level two training that focus on the basics of the WIC Program and foundational nutrition knowledge. In 2021 we started on level three training which focuses on the assessment, education and counseling of WIC participants. The purpose of this action plan will be to find or design and implement training materials and aids to supplement our level three training in order to enhance the knowledge and capabilities of our local agency WIC staff on these topics and their execution of these skills.

### **Action Steps**

- By December 31, 2022, develop a plan for implementing additional training to local agency WIC program staff on VENA and PCE including things like active listening skills, the spirit of PCE, goal setting and more.
- By September 30, 2023 additional training on VENA, PCE and related skills like active listening skills, the spirit of PCE, goal setting and more have been incorporated into the Iowa WIC Local Agency Staff training plan.

### **Evaluation Plan:**

Completion of this action plan will be determined based on training being made available to local agencies in order to train their staff on the skills to provide VENA and PCE.

### **Resources Required:**

- Staff time for planning, development and implementation
- Access to training resources

### **Lead Staff:**

Nikki Davenport RDN, LD